

## AEROBICS

**Cycling aerobic classes** are **Tuesdays** and **Thursdays**, 6:30 p.m. at the east fitness center.

**PT Prep classes** are **Mondays, Wednesdays** and **Fridays**, 6 a.m. at the east fitness center.

## COMPETITION

The 1,600 mile race to the

**White House** is open to everyone eligible to use the east and west fitness centers. The first person to reach 1,600 miles on either a treadmill, bike, cross trainer, rower, track or stepper wins the race. Receive a free water bottle for registering. For details, contact the west fitness center at 846-1068.

## GOLF

**TAGA tournament at Tijeras Arroyo Golf Course on Kirtland is March 26.** The event is open to all who are

eligible to use the golf course. Register by **Wednesday** for the tournament open for four-person teams or individuals. The spring individual stroke play has gross and handicap prizes in each flight. Lunch is included in the fee of \$20 a person plus greens fee and cart. Call Rich Loux at 846-4098 or Ron Mercer at 332-3155.

## PRO SHOP

**Men's and women's winter apparel sale is through Thursday** at the pro shop at Tijeras Arroyo Golf Course on Kirtland. Items are discounted 20 percent. Call 846-1574.

## RUNNING

The 377th AirBase Wing and 377th Services Squadron celebrations **Women's History month** with a five-kilometer run

and walk, **today**. Starting point is across from the youth center at Pennsylvania Street and G Avenue. Walkers being at 11 a.m. and runners at 11:30 a.m. Arrive early to stretch and receive water for the event. Top male and female finisher in

each category win pedometers for walkers and heart rate monitors for runners. Registration is free and no prior sign up is required. For information, contact [angela.casey@kirtland.af.mil](mailto:angela.casey@kirtland.af.mil).



Photo by Todd Berenger

## Soccer, the other football

Adam Levine of the New Mexico Air National Guard (left) runs behind Chris Eadie, also of the Guard, in a soccer match Sunday. The two are members of the Red Devils soccer team that played against La Union soccer team. The next Red Devils match is Sunday, 1 p.m. at St. Pius North, playing Other Team with 24 wins, 2 losses and 2 ties.

## Feeling Fit!

Seventy five percent of Air Force members rate their own health as very good or excellent.



Source: Air Force Surgeon General

AFNEWS



Photo by Todd Berenger

## SOW men take 'Over 30' basketball tournament

Guards for the 58th Special Operations Wing team are Jay Robinson (left) and James Armstrong (right). The two guards compete with ARFL/MUNS' Kirk Kloeppel passing the ball at the Over 30 basketball tournament Monday at the east fitness center. The 58th SOW won the game.

## BLOOD

**United Blood Services blood drives on Kirtland Air Force Base are:**

Sandia National Laboratories, **Tuesday and March 29**, motorpool complex, 7:30 a.m.-2 p.m.; 377th Civil Engineer Division, **today**, Building 20684, 11 a.m.-3 p.m.

## BRIEFINGS

**Bundles for Babies briefing is Monday**, 8:30-11 a.m. Register at 846-0741.

**Upcoming suicide prevention briefings are: April 14 and Aug. 9**, each at 7:15 a.m., noon and 3 p.m., in Building 201.

**Sponsor training is Tuesday**, 10 a.m., in the family support center. Sponsors are ambassadors to newcomers of the installation. Register to learn how to be a sponsor at 846-0741.

**Federal Job Applications Preparation Workshop is Wednesday**, 1:30-4 p.m., in the family support center. Register at 846-0741.

**National Industry for the Severely Handicapped offers all contract and procurement personnel** two presentations, **Wednesday**, in the 377th Air Base Wing presentation center in Building 20604, 2000 Wyoming Boulevard Southeast. John Cantwell, deputy region director and a retired Air Force colonel whose background is contracting, is joined by Paul Herrera, RCI president, giving the presentations at 8:30 a.m. and 2 p.m. Topics are practices and updated changes to NISH and a 15-minute question and answer period. Tote bags, folders, modem cords, letter openers and business card holders will be available. No reservation is needed to attend. For questions, contact Shelby Cook, contracting specialist, 846-8146.

**A briefing on the thrift savings plan withdrawal program is April 6**, 12:30-2:30 p.m., in room 7 of the Air Force Research Laboratory conference center, Building 201, at 1750 Kirtland Drive Southeast. The briefing is for all federal employees covered under the Federal Employees Retirement System and the Civil Service Retirement System and for military personnel. Presenter is Paula Gradwell of the Federal Thrift Investment Board. Admission is free and offered on a first-come, first-served basis. To secure a slot in the briefing, complete a registration form with Geraldine.lujan@kirtland.af.mil.

## CLOSINGS

**The 377th Comptroller Squadron closes Monday**, 1 p.m., for a change of command ceremony.

## EVENTS

**Retiree Activities Briefing is today**, 10-11:30 a.m., in the Rio Grande Conference Center. The 377th Medical Group health advisor presents an update on Medicare, Part B penalty waiver extension. Also updated is the concurrent receipt combat-related and noncombat-related, status and legislative action that eliminated the SBP social offset.

**Welcome to New Mexico Tour is Wednesday**, 9

a.m.-2:30 p.m., starting from the family support center. Visit local sights, including Sandia Tram, Cottonwood Mall and Old Town. Register at 846-0741.

**Armed Forces Day banquet, May 14**, is sponsored by the Greater Albuquerque Chamber of Commerce at the Hyatt Regency Albuquerque. The banquet honors 14 outstanding military members from all branches of service, including Guard and Reserves. Representatives of the USS Albuquerque will also be present. Tickets are \$35 a person or \$350 for a table for 10. For information or a reservation, call Jim Teet at 846-4239 or the chamber at 764-3743.

**Trinity Site National Historic Landmark Tour**, conducted by the National Atomic Museum, is **April 2**. The tour includes docent lectures, a walk to Ground Zero, viewing of Jumbo and a visit to the McDonald Ranch House. Lunch is at New Mexico Tech. Cost is \$50 a person. Call 242-6083.

**An education fair** featuring the 10 universities and colleges at the Kirtland Education Center is at the BX, **Wednesday**, 10 a.m.-6 p.m.

**The fifth annual Memorial Day Half Marathon sponsored by Albuquerque is May 29**, starting and ending at the New Mexico Veterans Memorial Park, 1100 Louisiana Boulevard Southeast, just north of Gibson Boulevard. The marathon begins at 6:50 a.m., and a five-kilometer run is at 7 a.m. A children's one-mile fun run starts at 8:45 a.m. Kirtland needs 12 team leaders and 150 volunteers to help run the event with the city. All volunteers receive a T-shirt and custom pin. Contact Lesley Sparks, fitness center director at 846-5100 or 846-1102.

**New Mexico House of Representatives minority leader Ted Hobbs is guest speaker at a Military Officers Association luncheon, March 26** at Albuquerque Petroleum Club. Social time begins at 11 a.m. and lunch follows at noon. For reservations and menu selection, call 299-7585 or 839-0969. Payment at the door is \$16.

The **Military Officers Association breakfast meeting, March 30**, is 7:30 a.m., in Weck's Restaurant, 3913 Louisiana Boulevard Northeast. Speaker is Lt. Col. C.V. "Chess" Barberis, discussing his experiences as a B-52 navigator and electronic warfare officer. Reservations are not needed.

**Kirtland Riders Association monthly ride is April 2**, weather permitting. For details, contact Tom Medland at 853-6109 or Ed Viale at 853-5245.

**Airman Leadership School graduation ceremony for Class 05-D and lunch is March 31**, 11:30 a.m., in the Mountain View Club. Tickets are \$10 a person, or \$8 for club members, from ALS students and at 377MSS.DPN@kirtland.af.mil. Tickets must be purchased by **March 24**. Duty uniform is acceptable attire for the event.

## HEARTS APART

**Hearts Apart Family Arcade Night is March 25** in the family support center. Enjoy pizza and games with families who have deployed members. Register at 846-0741.

## MEETINGS

**A mandatory 377th Air Base Wing Top Three Call, is March 31**, 1:30-2:30 p.m., in the wing presentation center.

**Air Force Sergeants Association chapter 1201 monthly meeting is Wednesday**, 3 p.m., in the Stripes Lounge in Mountain View Club. All active duty and retired personnel are invited. Call AFSA president, Tech. Sgt. Angela Casey, at 846-3127, for information about the meeting or becoming a member.

**Kirtland Riders Association meets Thursday**, 4:30 p.m., in Ground Zero in the Mountain View Club. All members and prospective members are invited. Call Tom Medland at 853-8109 or Ed Viale at 853-1472.

**Military Widows and Widowers Group meets April 2**, 9:30 a.m., in Kirtland Chapel annex. The organization offers members friendship, interests in many activities and current information on Legislative issues that pertain to the group members. The April 2 program is the Gotta Dance Line Dancers. Contact Mary Lou Cooper at 296-2193.

## ODDS &amp; ENDS

**Kirtland Chapel Protestant Women host a women's retreat, April 29-May 1**, featuring Kirkie Morrissey, at Lifeway Conference Center in Glorieta, N.M. Ms. Morrissey is author of *A Great Cloud of Witnesses* and *Fix Your Eyes on Jesus*. She also is a renowned speaker and Bible study leader. Cost for two nights with all meals in a shared room is \$61 and for a single room is \$109. Register by April 1 by contacting Tonia Warren, 254-7938, Paula McGowan, 323-9712, or Ed Derden, 846-5691.

**Kirtland 2004/2005 telephone books** are available by calling Terry Walker in the 377th Air Base Wing public affairs office, 846-6086.

**Tobacco cessation classes** offered by the health and wellness center in Building 20228, near to the east fitness center, are five weeks and include group discussion about the addiction, behavior and stress management, fitness, nutrition and relapse prevention techniques. Sessions are offered **Wednesdays**, 11:30 a.m.-12:30 p.m., and **Thursdays**, 5:30-6:30 p.m. A five-week morning session morning begins next **Wednesday** and an evening session begins **March 31**. Call 846-1186.

**The Rio Grande chapter of Blue Star Mothers** meetings move to Albuquerque Police Academy classroom A, 5412 Second Street Northwest. Meetings are the **third Saturday each month** at 10 a.m. For information call Carolyn Donnell, 299-7123, or Marsha Anderson, 844-2804.

**"Strategies for a Worry-Free Retirement"** is offered by Kirtland Financial Services, **March 22**, noon and 6 p.m., in the credit union's education center, room A, 6440 Gibson Boulevard Southeast. For a reservation for the free program, call 254-4384.

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